SEE US IN THE CAMP FEATURE PAGE 19 "Help us send a kid to camp"

JAY-Z SINGS DADDY BLUES

'I'LL PROBABLY HAVE THE WORST, SPOILED LITTLE KID EVER' PAGE 11

WINNIPEG metro®

Monday, May 7, 2012

News worth sharing.

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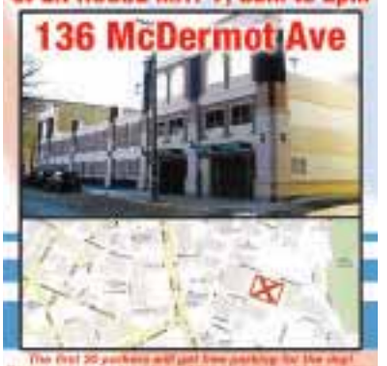
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Mensheds Manitoba Inc. member Loris Barsanti, left, chats with group founder Doug Mackie while working on a carving. The group, made up mostly of retired men, meets twice a week for crafts and camaraderie. SHANE GIBSON/METRO

For men, only group keeps retirees busy

Life after retirement. Winnipeg gathering of retired men a first in North America

SHANE GIBSON
shane.gibson@metronews.ca

Retirement sounds like a great idea to any working stiff — but the grass isn't always greener on the other side of 65.

Just ask Doug Mackie, 71, the founder and "spark plug" behind Mensheds Manitoba Inc., a group run by retired men for retired men that meets twice a week in a proverbial shed deep in the heart of Woodhaven for woodcarving, cribbage, coffee and a good chat.

"Men, when they retire, quite often find that their self-worth goes down because their image of themselves was within their working life," explained Mackie at the group's Wednesday woodcarving get-together. "Now suddenly you're at home and you're nobody — we want to change that"

Mackie got the idea for Mensheds from his daughter, who found out about the 90,000-member strong Australian-born organization online.

The Manitoba chapter — the first and only in North America — has grown to 25 members since its inception in December 2010.

Members pay $25 a year and meet at Woodhaven Park Community Club to carve wood and create crafts from recycled materials.

They also meet for breakfast weekly, volunteer, learn to cook and take walking tours of different areas of Winnipeg.

"I asked one of our members what he'd be doing if he wasn't coming here, and he said he'd be sitting on the couch watching TV and probably dozing," laughed Mackie. "Now he comes here and gets a couple hours of stimulation and kidding around, and suddenly he's got a whole group of friends and buddies."

Mensheds is open to men of any age and women are also welcome at many of their activities. For more information or to join the group, call 804-5165.

Follow Shane Gibson on Twitter @tsgibson

Manitoba's worst road?

Find out which 'Peg street topped CAA's report PAGE 2

Radar off the mark?

Driver's radar challenge on hold until mid-May PAGE 3

Rap maverick mourned

Beastie Boys co-founder Adam Yauch remembered PAGE 10

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1 NEWS

On the web

Tour the Family Guy's town

Quahog, R.I., the fictional hometown of Peter Griffin and his dysfunctional Family Guy relatives, is coming to life. A local tourism council is sponsoring an all-day tour highlighting the Rhode Island institutions made popular by the hit series including, of course, a stop at The Drunken Clam. Go to metronews.ca for more.

Reverse psychology behind the wheel

With more than one million traffic accidents worldwide caused by texting and driving, campaigns against it have been popping up around the globe. A Belgian driving school has figured out one way to stop youth from texting and driving: Tell them they have to do it. Watch the experiment at metronews.ca.

Mobile news

Test-tube babies have higher rates of birth defects, and doctors have long wondered: Is it because of certain fertility treatments or infertility itself? A large new study from Australia suggests both may play a role. Scan for the story.

Every penny no longer counts

Farewell. Final penny pressed in Winnipeg a heart-touching moment for the Mint

BERNICE PONTANILLA
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The Canadian penny went out to accolades, fond memories and live, national television coverage.

Finance Minister Jim Flaherty, alongside Francois Gendron, set-up operator at the Royal Canadian Mint, pushed the buttons and the final penny fell into a glass bowl on Friday.

"It kinda touched the heart a bit to see the last penny struck," said Gendron, who has been working at Winnipeg's Mint for 34 years. "But it's reality."

Gendron recalled as a boy being able to buy "a lot of candy" with pennies found on the streets. Those days, he said, are in the past.

Both Flaherty and St. Boniface MP Shelly Glover urged Canadians to donate their pennies to charities such as Habitat for Humanity.

"I can think of no better tribute for this historic coin," added Flaherty.

Sandy Hopkins, CEO of Habitat for Humanity in Manitoba, said his organization is very appreciative of this opportunity, and every cent will go towards building homes.

"It costs individuals very little, but, collectively, will have a huge impact on the community," he said. "It means another five or six dozen homes could be built across the country."

The ceremony at the Mint drew dozens of people, who watched through the first- and second-floor windows that separate the visitors' area from the production side.

Rolena Krawec and granddaughter Breanna Parbst were two of those onlookers who happened to be visiting family in Winnipeg when they found out about the ceremony by text message.

"We decided, 'Yeah, that's history, we gotta go,' so we jumped in the car and came," said Krawec, who lives in Weirdale, Sask. "I felt incredibly lucky to be here for this historic moment. It's not often one gets to participate in Canadian history."

The last penny will be entrusted to the Currency Museum of the Bank of Canada in Ottawa, while the final million coins struck before it are to be sold as collectors' items, said Ian Bennett, president and CEO of the Royal Canadian Mint.

Flaherty said no jobs will be lost at the Mint due to the end of the penny. He also announced on Friday that the Mint had secured a deal to make 40-million coins for Ghana.

A Royal Canadian Mint security officer closes the lids on the vaults containing the final million pennies at the Winnipeg plant on Friday. BERNICE PONTANILLA/METRO

The last penny was pressed at the Winnipeg plant because it is responsible for the production of circulation coins. The other plant, in Ottawa, makes special-edition coins.

According to the Royal Canadian Mint, since the first penny was produced in 1908, 35-billion pennies have been minted in Canada.

Follow Bernice Pontanilla on Twitter @MetroBee

St. James takes title for Manitoba's worst road

St. James Street, known for its potholes, ruts and ridiculous intersections, was voted the worst street in Manitoba. ELISHA DACEY/METRO

It's official — St. James Street is the worst road in Manitoba.

The CAA Manitoba Worst Roads campaign's final report is out and the stretch near Polo Park Shopping Centre in Winnipeg took the title by a landslide — 459 votes compared to 184 for the runner-up, Manitoba's Highway 21.

"We thank all Manitobans who took part," said Liz Peters, public and government affairs manager at CAA Manitoba. "You've helped us spotlight ... some of the worst roads in our province."

A total of seven Winnipeg streets and three Manitoba highways made the top 10.

Peters said the results are important to the ongoing discussion with governments over the state of the province's infrastructure, as well as funding issues.

Votes cast

- St. James Street: 459
- Manitoba 21: 184
- Marion Street: 142
- Manitoba 10: 123
- Molson Street: 115
- Route 90: 99
- Transcanada: 79
- McGillivray: 61
- Loudoun Road: 60
- Empress Street: 54

The final report, which contains a full breakdown of where each vote was cast, was circulated to more than 100 municipalities earlier this week.

METRO

The Maples

Two arrested after high-speed chase

Winnipeg police have two men in custody after a traffic stop led to a high-speed chase through the Maples Saturday afternoon.

Patrolling officers pulled over a Ford Escort near Jefferson Avenue and Sheppard Street around 1:55 p.m., and while the driver initially complied, police say the vehicle and occupants suddenly fled at a high rate of speed.

The suspect vehicle was abandoned near the 100 block of Manor House Court and the occupants fled on foot.

Both suspects, 29 and 37 years old, were tracked down and found to be in possession of a quantity of prescription drugs. They face several charges. SHANE GIBSON/METRO

Police search

Man arrested after gun aimed at cops

An 18-year-old man is facing gun-related charges after a handgun was pointed at police in the West Broadway area Saturday night.

Police responded to a noise complaint in the 100 block of Walnut Street around 11:15 p.m. The canine unit, tactical support team and Air 1 responded. A suspect was found in the area of Maryland Street and Westminster Avenue, where he allegedly pointed a handgun at officers. The gun was not discharged. The suspect fled on foot, but was taken into custody around 1:10 a.m. Sunday near Purcell Avenue and Maryland Street. Officers recovered a black semi-automatic pellet gun and magazine. SHANE GIBSON/METRO

Main Street

Three assaulted at house party

A 43-year-old man has been arrested after three people were assaulted early Saturday. Police found a male, 44, and two females, 47 and 28, injured at a party in the 800 block of Main Street.

SHANE GIBSON/METRO

Defendant Philip Johst, centre, spoke to media after Friday's adjournment with defence witness Kenneth Sontag, left, and WiseUpWinnipeg's Todd Dube.

Radar challenge decision a few weeks away

Traffic tickets. Expert witness testified that metal signs can interfere with radar readings

SEAN LEDWICH
winnipeg@metronews.ca

A Winnipeg photo-radar ticket challenge that could affect hundreds of similar tickets was adjourned until May 18.

Philip Johst pleaded not guilty to driving 13 km/h over the 50 km/h speed limit on Grant Avenue near Nathaniel Street last November, a reading that was not accurate, he argued.

The adjournment came just before 3 p.m. after an expert defence witness, engineer Kenneth Sontag, testified that metal signs can interfere with radar and cause incorrect speed readings. The vehicle-mounted radar that clocked Johst had a boulevard with signage running between it and the vehicles it targeted.

Quoted:

"We kind of have (the Crown) on the ropes.... It feels good."

Philip Johst, defendant

Crown prosecutor John Barr asked Justice Guilaume Dragon for the adjournment so he could have an expert review a transcript of Sontag's testimony.

"I can't understand what (Sontag has) been talking about here," Barr said.

Dragon conceded that a latter portion of Sontag's testimony was laden with technical concepts about Doppler radar.

Todd Dube of WiseUpWinnipeg said he's been campaigning since December against vehicle-mounted radar parked at that location. He said the case has implications for more than 800 people who have contacted him because they also got speeding tickets there.

Johst left court feeling confident he will ultimately win his case.

"It sucks that we have to come back two weeks from today, but it's all for the good," Johst said. "I honestly wasn't speeding."

Feds funding new Transcona square

Transcona MP Lawrence Toet stood at the site of what will be the Transcona Centennial Square on Friday and announced that the project will receive $479,788 from the federal government.

The square, which will be built on what was an empty lot on Regent Avenue, will feature a fountain, a heritage wall, sculptures and an amphitheatre. A clock tower will be the centrepiece of the square.

"This is a momentous year for our community, celebrating the centennial of this town," said Toet. "This will be here as a legacy for years to come."

The total cost of the project is just over $2.4 million and now has funding from all levels of government, as well as private sponsors.

Toet said he worked alongside the Transcona Business Improvement Zone to secure the funding.

"It took lots of work on both sides and we made sure that Heritage understood that this project was important. The downtown area in Transcona was once a vibrant place and we are going to bring that back," he said.

Audrey Martin, 62, has lived in Transcona since she was three years old. She said the square will be a place where the residents of Transcona can come together.

"This will be a meeting place," said Martin. "I am proud of my Transcona roots and the small-town atmosphere that you get here. The community will gather here."

DAVE BAXTER/FOR METRO

An artist's rendering of what the new square will look like. CONTRIBUTED

Scooter-car collision victim in stable condition

A 27-year-old man was taken to hospital in stable condition after the scooter he was driving collided with a car early Thursday evening. Witnesses said the accident happened around 5 p.m. when a silver Honda collided with a blue scooter, sending the driver of the bike bouncing off the windshield of the car. The female driver of the car was unhurt but visibly upset. HOWARD WONG/FOR METRO

Art. Firefighters' helmets become canvas

Firefighter helmets that were destined to become discarded waste have now become works of art thanks to local artists and the Firefighters Burn Fund.

Artists have used old helmets like a canvas and created artistic pieces that were up for sale at 180 Poplar Ave. All proceeds from the sale of the helmets will go towards the fund.

"I always say we will do anything that is legal to generate money for the fund. It's that important," said Firefighters Burn Fund chairman Martin Johnson.

DAVE BAXTER/FOR METRO

Artists Ida Mackenzie, left, and Linda McCallum applied their artistic skills to old firefighters' helmets, which were part of a fundraiser for the Firefighters Burn Fund. DAVE BAXTER/FOR METRO

FIFA Women's World Cup

Winnipeg getting its kicks

The beautiful game is coming to our city.

Winnipeg has been selected, along with five other Canadian cities, as host for the 2015 FIFA Women's World Cup soccer event.

"We're excited to welcome the 2015 FIFA Women's World Cup to Winnipeg," said Mayor Sam Katz of the news announced Friday. "Soccer is very popular in Winnipeg and the high calibre of World Cup play will be an inspiration to the more than 9,000 young league players in our city."

Winnipeg, Vancouver, Edmonton, Ottawa, Montreal and Moncton will each host four teams for the international competition, which is held every four years.

Twenty-four teams will compete in 52 matches over a 23-day period in June 2015, and the competition is expected to draw over one-million spectators across Canada and more than 15-million viewers on television.

SHANE GIBSON/METRO

France elects socialist Hollande as new leader

Victory speech. 'You are a movement lifting up everywhere in Europe, and perhaps the world,' Francois Hollande says

France handed the presidency Sunday to leftist Francois Hollande, a champion of government stimulus programs who says the state should protect the downtrodden — a victory that could deal a death blow to the drive for austerity that has been the hallmark of Europe in recent years.

The president-elect inherits a country deep in debt and divided across racial and ethnic lines.

Hollande narrowly defeated the hard-driving, attention-getting Nicolas Sarkozy, an America-friendly leader who led France through its worst economic troubles since the Second World War but whose policies and personality proved too bitter for many voters to swallow.

Hollande will take office no later than May 16.

With 95 per cent of the vote counted, official results showed Hollande with 51.6 per cent of the vote compared with Sarkozy's 48.4 per cent, the interior ministry said. The turnout was a strong 81 per cent.

"Too many divisions, too many wounds, too many breakdowns and divides have separated our fellow citizens. This is over now," Hollande said in his victory speech.

"The foremost duty of the president of the Republic is to unite ... in order to face the challenges that await us." THE ASSOCIATED PRESS

Quoted

"I take responsibility ... for the defeat."

Incumbent Nicolas Sarkozy, who told supporters he did his best to win a second term, despite widespread anger at his handling of the economy.

Supporters of Socialist Party candidate Francois Hollande react after the first results of the second round of French presidential elections in Paris on Sunday. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Reaction. World leaders congratulate future French president on win

Prime Minister Stephen Harper has called France's new president-elect — Francois Hollande — to congratulate him on Sunday's election victory.

The Prime Minister's Office says in a news release that Harper emphasized the shared values and deep historic, cultural and linguistic ties between Canada and France.

Harper also expressed Canada's desire to work closely with France on a full range of international issues.

U.S. President Barack Obama called Hollande after the results were announced, the White House said in a statement.

"President Obama indicated that he looks forward to working closely with Mr. Hollande and his government on a range of shared economic and security challenges," the statement said.

Obama invited Hollande to visit the White House before this month's G8 summit at Camp David, Md. Hollande is also expected to attend the NATO summit in Chicago later this month.

Francois Hollande
THE ASSOCIATED PRESS

Britain's conservative Prime Minister, David Cameron and Italian Premier Mario Monti also called Hollande to congratulate him

Hollande inherits a country deep in debt and divided over how to integrate immigrants while preserving its national identity.

Nicolas Sarkozy is the latest victim of a wave of voter anger over spending cuts in Europe that has ousted governments and leaders in the past couple of years. THE ASSOCIATED PRESS

Supermoon lights the night

A "supermoon" is seen above the Christ the Redeemer statue in Rio de Janeiro on Sunday. The appearance is the result of a full moon (or a new moon) with the closest approach the moon makes to the Earth.

VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Greece. Voters punish top two parties in elections

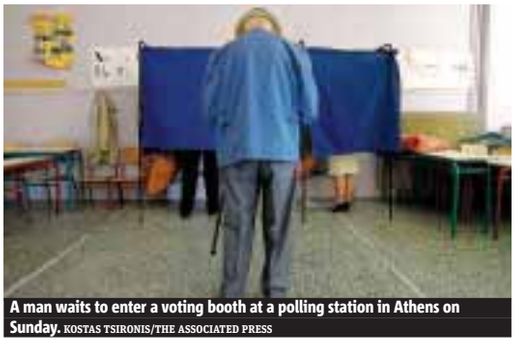
Furious Greeks punished the two parties that have dominated politics for decades in the crisis-battered country Sunday, leaving its multibillion-dollar international bailout — and even its future in the euro currency — hanging in the balance.

With more than 83 per cent of the vote counted, Greece appeared to be heading toward political stalemate. Nobody won enough votes to form a government, and the two parties that backed the bailout — the conservative New Democracy and socialist PASOK — conceded they need to win over adversaries to form a viable coalition.

"I understand the rage of the people, but our party will not leave Greece ungoverned," said New Democracy Leader Antonis Samaras.

New Democracy was leading with nearly 20 per cent of the vote, which would give it 110 seats in the 300-member parliament. PASOK, which has spent 21 years in government since 1981 and stormed to victory with more than 43 per cent in 2009, saw its support slashed to about 13.5 per cent. It will have just 41 seats, compared to 160 in the last election.

The outcome showed widespread public anger at the harsh austerity measures imposed over the past two years in return for rescue loans from other European Union countries and the International Monetary Fund. THE ASSOCIATED PRESS



A man waits to enter a voting booth at a polling station in Athens on Sunday. KOSTAS TSIRONIS/THE ASSOCIATED PRESS

Thailand

Explosions, fire kill 12: Officials

Officials say explosions and a fire at one of the world's largest petrochemical industrial estates have killed 12 people and injured more than 100 others in eastern Thailand.

The blasts Saturday forced the evacuation of more than 1,000 people living near the industrial estate, Thailand's largest industrial park. Authorities are investigating the cause of the explosions, which occurred when workers were cleaning a chemical tank. THE ASSOCIATED PRESS

Germany

Clashes leave 29 officers injured

Clashes erupted in Germany when police tried to separate competing rallies by an ultraconservative Muslim group and a small far-right march, injuring 29 officers, authorities said Sunday. The trouble in Bonn started when hundreds of Muslims protested against the rally of about 30 supporters of the local far-right party Pro NRW, which showed unfavourable cartoons of Islam's Prophet Muhammad. THE ASSOCIATED PRESS

Drugs seized

Bulgarian officers intercept cocaine shipment

Bulgarian customs say they have seized 147 pounds of cocaine coming from South America and destined for Western Europe.

The drugs, seized Sunday in the Danube port of Ruse, were worth an estimated $50 million US.

District prosecutor Ognyan Basarboliev says the drugs came from Argentina and were to be shipped to the Dutch port of Rotterdam. THE ASSOCIATED PRESS

Zoo scuffle

Omaha hospital goes bananas for special patient

Motuba, a 27-year-old silverback gorilla, needed a CT scan at the Nebraska Medical Center after a scuffle Thursday night with another gorilla.

Motuba's keepers at Omaha's Henry Doorly Zoo contacted the hospital, whose staff have been consulted on animal cases in the past. THE ASSOCIATED PRESS

Concealment of Identity.
Feds support bill to outlaw masks at riots

Conservative MPs are hoping to unmask rioters with a bill that will make wearing a disguise at a riot or "unlawful protest" a criminal offence punishable by up to five years in jail.

Attorney General Rob Nicholson announced Sunday the government is supporting a private member's bill brought forward by Alberta MP Blake Richards, called the Concealment of Identity Act.

"Canada's justice system must not put the rights of criminals ahead of the rights of law-abiding citizens," said Richards. "The Concealment of Identity Act would give police the tools they need to identify offenders who cause damage to this country's neighbourhoods."

Taking part in a riot is currently an offence with a maximum jail sentence of two years.

Wearing "a mask or other disguise" will increase that maximum sentence to five years, if the bill is passed.

The bill also applies to unlawful assemblies, which are defined as gatherings that don't turn into riots but do cause fear. In that case, masked participants could face six months in jail. JESSICA SMITH/METRO

Kamloops, B.C.

50 treated for carbon-monoxide poisoning at hockey game

About 50 people have been treated for carbon-monoxide poisoning following a hockey game at a private arena in B.C.'s Interior.

The incident happened Saturday during a game between members of the Canadian Coast Guard and Department of Fisheries and Oceans in Kamloops.

Only three patients remained in hospital on Sunday. A boiler was the cause of the problem. THE CANADIAN PRESS

Mental Health Awareness Week kicks off today

Inspiring others.
Join Arthur Gallant for an online chat Wednesday on facebook.com/cmhaontario

DAVE BAXTER
winnipeg@metronews.ca

Arthur Gallant, who suffers from clinical anxiety and depression, says he talks about his mental illness in an effort to open people's minds. METRO

Arthur Gallant says his entire life has been shaped by mental illness.

"I have not really known a life without depression," said Gallant, 22, from Burlington, Ont., who suffers from clinical anxiety and depression. "It's a part of who I am."

With Mental Health Awareness Week kicking off today, Gallant has chosen to use his experiences to inspire others who may be suffering with similar problems but don't feel comfortable coming forward.

Gallant, who advocates for the rights of children and youth to receive mental-health services, said he wants people to know that mental illness, while not a visible ailment, is nothing less than a real disease.

"Nobody can see the pain on the inside. I wish people who doubt me would walk a day in my shoes."

Though he believes society's attitudes toward those with mental illness started to improve in the early part of the last decade, technology has now stalled those improvements.

"Social media has made it worse," he said. "I started taking to social media to share my state of mind and I lost friends. They thought I was a psycho when really it was a cry for help."

However, he's not giving up. Gallant credits a strong support system for helping him battle his disease, and is hoping to provide that support to others while fighting stigma through a live online video chat Wednesday on the Canadian Mental Health Awareness Ontario Facebook page, from 7 to 8 p.m. ET.

Gallant expects as many as 20,000 will join in. "I want to use my story to create a better world."

On the web

For more coverage on Mental Health Awareness Week go to metronews.ca or mentalhealthweek.ca.

- Watch a mini-documentary on Arthur Gallant and his battle with depression. Peter Coleridge, CEO of the Canadian Mental Health Association, dispels myths.
- Canada is about to get its first-ever national mental-health strategy.

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Murdoch's scandal follows classic media-baron script

Ambition to hubris.
Mogul's fall from grace is a familiar story in the world of global media conglomerates

If the phone-hacking scandal gripping Rupert Murdoch's News Corp. empire has a familiar ring, it might be because you've heard the story before. Scrappy outsider turns modest newspaper business into international media conglomerate. Ambition turns to hubris. Mogul dramatically falls from grace.

From William Randolph Hearst to Rupert Murdoch, many media barons' stories follow a familiar arc.

"He's one of a series," said James Curran, a professor of communications at Goldsmiths University in London.

Before Murdoch came Robert Maxwell and Conrad Black, both of whose careers at the top of the British media establishment ended in disgrace. Before those two came Lord Beaverbrook, the Daily Express owner whose excesses were lampooned by Evelyn Waugh in his 1938 novel Scoop.

Earlier still was the New York Journal's William Randolph Hearst, who has become linked to the maverick at the centre of Orson Welles' 1941 classic Citizen Kane.

Black's and Maxwell's careers were blighted by criminality. Maxwell, having raided his newspaper's pension fund, drowned under murky circumstances in 1991; Black was only released Friday from a U.S. prison following a 2007 conviction for cheating his shareholders.

The narrative of the hacking scandal may echo earlier stories of overreach, but Murdoch's story has little to do with those of Black or Maxwell, said Tom Bower, who has written biographies of the latter.

"There is a sharp difference," said Bower, explaining that Murdoch built "a huge and successful business" based on hard work and sharp elbows, while his competitors failed because they had created "flimsy businesses based on fraud."

THE ASSOCIATED PRESS

Fallout

- Once one of the most powerful forces in British politics, Murdoch has seen his clout wither amid the scandal over illegal eavesdropping at his News of the World tabloid.
- Revelations of widespread illegality there have led to the arrests of dozens of journalists and media executives, and the resignations of high-flying political operatives and police leaders.

No legal legacy for Black

Conrad Black and his wife Barbara Amiel Black watch their dogs at his residence in Toronto on Friday after he was released from a Florida State prison. Black's battle with the U.S. justice system over fraud charges attracted media coverage, but hasn't left a deep footprint in North American corporate law, legal experts say.

NATHAN DENETTE/THE CANADIAN PRESS

Succession planning

Buffett's cancer draws attention to replacement

Warren Buffett worked to reassure shareholders that he's feeling good after his recent prostate-cancer diagnosis, and that Berkshire Hathaway is ready to replace the revered 81-year-old investor when the need arises.

Still, the diagnosis is forcing shareholders to confront the fact that one day Buffett will no longer be at the helm of the conglomerate. THE ASSOCIATED PRESS

Product defect

Chrysler recalls vehicles over possible failures

Chrysler is recalling 119,072 cars after discovering that the antilock-brake and electronic-stability-control systems can fail because of an overheated power supply.

The model year 2011 and 2012 Chrysler 300s and Dodge Chargers will have a fuse changed and relocated. THE ASSOCIATED PRESS

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IT'S A BIKE HELMET, NOT A TARGET

URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

It's May, which means it's the official start of hunting season in Winnipeg.

The hunters? Anyone driving a vehicle. The prey? Any adult silly enough to strap on a helmet and mount a bike.

I received a rude reminder of this annual event while cycling through River Heights last week. As I approached an intersection, I spotted my potential assassin rolling up to a stop sign in a silver Toyota.

Looking over at the driver, I instantly knew what was running through his head: "Oh damn, there's a cyclist coming, and he has the right of way, and I don't have enough time to cross the intersection, but if I wait for him to pass I'm going to be stuck here for like FIVE SECONDS! ARGH!"

So, of course the driver did what most do in this situation, which was to complain about his misfortune for two seconds, then try to make it through the intersection at the exact same time as me.

Thankfully, I narrowly avoided becoming a hood ornament, and shot the driver a disapproving glance on my way past.

By the way, the disapproving glance is the first stage in the Cyclist Scale of Outrage, followed by yelling, inappropriate hand gestures, smacking the car and finally, pistols at dawn.

Of course, that assumes you have the chance to respond at all. Every year about 150 Manitoba cyclists are hospitalized, and a handful of them are killed, mostly due to collisions with vehicles (total cost to Manitoba Public Insurance: $6.8 million).

To me, the root of the car-bike conflict is a lack of respect and understanding. I'm not sure why, but many drivers seem to view any person over the age of 18 who rides a bike as some kind of subversive who is trying to upset the balance of our car-based culture. Me, I'm just trying to get a little exercise.

Look drivers, I understand that steering around cyclists during your morning commute can be annoying. But you know what would be even slower? Waiting behind those people if they were all driving instead. Or stopping to fill out a police report after you've clipped someone and sent them to the ER.

It's not the Hunger Games out there, people. There isn't just one winner in a life-and-death battle for road space. So drivers, please try to have some patience. And to my fellow cyclists: May the odds be ever in your favour.

Two-way street

- **Cyclists also have a huge role to play in making sure the streets are safe for everyone.** Wearing a helmet, not riding on the sidewalk, not racing through stop signs and not riding inches away from the curb are all a good start. But if you really want to get up to speed on the skills needed to confidently ride on city streets, local cycling-advocacy group Bike to the Future is running a cycling-commuter workshop at the St. James Civic Centre on Saturday. See biketothefuture.org for more details.

Worth mentioning

When in Russia, eat your Lay's dusted in caviar flavouring

Russians prefer their Lay's potato chips dusted in caviar and crab flavours. The Chinese like their Oreos stuffed with mango and orange cream. And in Spain, Kellogg's All-Bran cereal is served floating in hot coffee instead of cold milk.

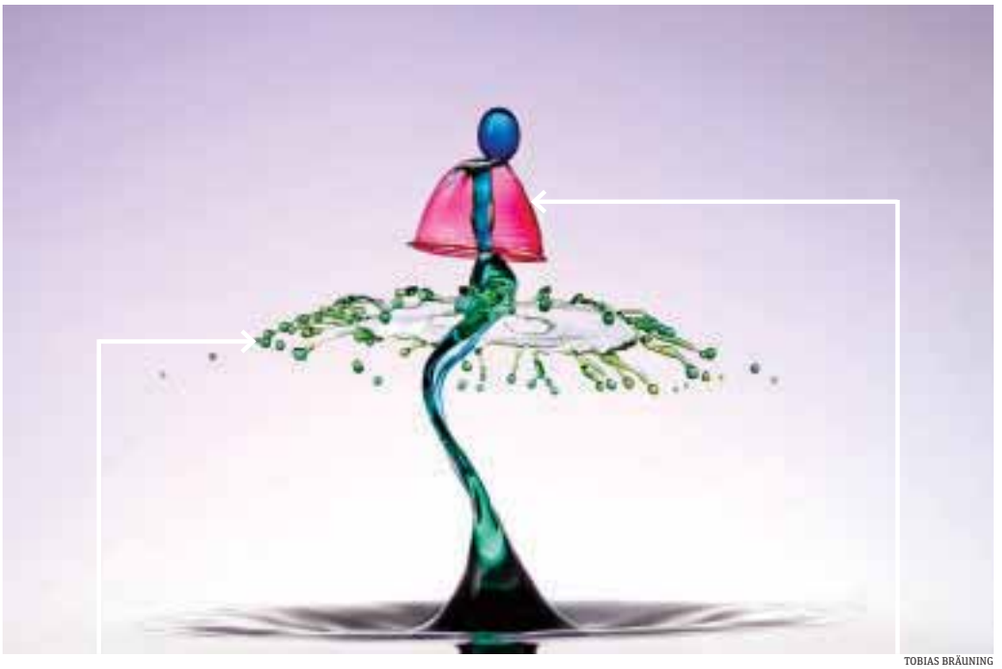
Americans might get squeamish at the thought of their favourite snacks being tweaked. But what works in the U.S. doesn't always work everywhere.

The challenge for snack makers is that people in other countries have different tastes. Consider the Oreo, which Kraft Food Inc. introduced in China in 1996. Sales of the vanilla cream-filled chocolate cookie sandwich were respectable there, but the Chinese didn't completely take to it.

So Kraft decided to tweak the Oreo. The result? Over the past five years, Kraft said sales have grown an average of 60 per cent a year.

THE ASSOCIATED PRESS

A droplet's rainbow ebb and flow



TOBIAS BRÄUNING

Picture perfect

Winning photo makes a splash

If water droplets were able to dance, you could imagine them doing this. The striking image, titled Dancing Queen, was taken by amateur photographer and software engineer Tobias Bräuning and was the winner of the open category at the prestigious Sony World Photography Awards 2012. METRO

60 seconds

Tobias Bräuning

What do you see here?
I imagine a figure, but not necessarily a human. It can be an alien too. What's most interesting in this image is that the shapes are completely random, never predictable.

How did you create these striking shapes?
I used electromagnetic solenoid valves to generate the drops. I also made the water move "slower" by increasing its viscosity: To do this, I added guar gum, a thickening agent used for food. This makes the droplets seem more elastic. I mixed in ink to give colour.

You must have used a very rapid shutter speed.
No, the shutter speed was just 1/20th of a second but the flash duration was 1/20,000th of a second – to "freeze" the water. All you need is the camera's shutter fully open when the flash is fired.

As a photographer, what do you want to tell the world?
I want to show the natural beauty of the world invisible to the naked eye, beauty that's not manipulated by Photoshop effects.

METRO

Shutter happy

"The first drop falls into the water, then the green splash comes up, colliding with a yellow drop. Some milliseconds later, the red drop arrives and also collides. Finally, a blue drop is arriving, captured short before touching the splash."

Tobias Bräuning

Stepping up for seniors in the community

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Brenda Tonn has a special place in her heart for the seniors of her community.

Tonn, a senior support co-ordinator from Plumas, embraces the belief that our elders deserve love and companionship and not, as is too often the case, to be forgotten.

As such, she is stepping well beyond the call of duty to do something more for seniors who may be leading a lonely life in her community. From May 6 to 12, Tonn is organizing an awareness-raising event called Let No One Be Alone, and has invited other co-ordinators in communities all over Manitoba to do the same.

"It's not about one specific event. It's about people reaching out to others to show they care. Everybody has the capacity to care — so everyone can participate," said Tonn.

Over 30 communities have agreed to participate and are reaching out to seniors in various ways throughout the week. In Plumas, Tonn is kicking off the week with a community barbecue.

To find out what's happening in your community, email Brenda Tonn at notalone@mymts.net.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

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2

SCENE

Box office

Avengers assemble a box-office smash

Captain America tells the Incredible Hulk to do his smash thing in The Avengers, and that's just what the Marvel Comics superhero mash-up did at the box office, smashing the domestic revenue record with a $200.3 million debut. It's by far the biggest opening ever, shooting past the previous record of $169.2 million for the debut of last year's Harry Potter finale.
THE ASSOCIATED PRESS

On the web

Theo Fleury doc traces the highs and lows of the troubled hockey star on and off the ice

The Beastie Boys, seen here in a photo from 1989, changed music with their revolutionary sound. From left, Adam Horovitz (Adrock), Michael Diamond (Mike D) and Adam Yauch (MCA). Yauch died Friday morning at the age of 47 after a three-year battle with cancer. HANDOUT

Yauch: A music maverick

Remembering a Beastie Boy.
Group's co-founder remembered as a dedicated activist and talented video director

CASSANDRA GARRISON AND PAT HEALY
scene@metronews.ca

After a three-year battle with cancer, Beastie Boys co-founder Adam Yauch died on Friday in New York at the age of 47.

According to Rolling Stone, Yauch, who went by the stage name MCA, was diagnosed in 2009 after he found a tumour in his salivary gland.

His health began taking a toll on his work with the band, and he hadn't performed live with the Beastie Boys since the summer of 2009. Last month, he sat out from the trio's induction into the Rock and Roll Hall of Fame.

Yauch was a pioneering member of the Beastie Boys, forming the group in 1979 with fellow New York City pals Mike "Mike D" Diamond and Adam "Ad-Rock" Horowitz

They began as a hardcore punk rock group, but by the mid '80s they had adapted to the rap style that would make them famous.

What made the Beasties so unique was not only their pioneering work with sampling and their dedication to evolving into a band who played their own instruments, but also their style of team rapping where even within a single line of a song, all three members might utter a different single word to make the line complete.

Check out Shadrach from their 1989 classic, Paul's Boutique. What makes this performance from Soul Train especially touching is the trio's salute to the show's host, Don Cornelius, who also died this year.

Yauch was also known for his activism in the free Tibet movement. He founded the Milarepa Fund, a non-profit organization dedicated to promoting awareness and activism regarding injustices perpetrated on native Tibetans.

He also organized the Tibetan Freedom Concerts.

Not only will MCA be remembered as the Beastie with the raspy voice and the social conscience, but also for his role in immortalizing the trio with his video direction.

His directing credits include So Whatcha Want, Intergalactic, Body Movin and Ch-Check It Out.

Condolences

Beastie Boys key part of Madonna's music history

Madonna says Adam Yauch, the Beastie Boys rapper who died Friday, was one of a kind and that the group was important to her musical history. The singer says the seminal hip-hop group was "integral to the musical revolution that was happening at the time." Madonna says she was sad to hear of Yauch's death and asked God to bless his family. The Beastie Boys opened for Madonna on tour in the 1980s, and the group was inducted into the Rock and Roll Hall of Fame last month.
THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Andy Cohen gabs with Metro

THE WORD
Dorothy Robinson
scene@metronews.ca

Andy Cohen ALL PHOTOS GETTY IMAGES

You know him as the outgoing Bravo host who fans the fire at Real Housewives reunion shows and presses celebrities with cheeky questions during games of Plead the Fifth on Watch What Happens Live. But Andy Cohen had a long, winding and often hilarious, road to his rise as a pop-culture guru and celebrity interview extraordinaire.

In his new book Most Talkative, Cohen opens up about dreaming of a life in television while watching All My Children as a kid, what it was like to live in fear of AIDS as a young gay man in the '80s and '90s, and working his way up the ladder from a CBS internship in New York City.

"I have all these great stories I've been telling friends for years," Cohen told Metro about his decision to write the book now. "I've just always wanted to tell them and I just felt like now was the time. I just needed a deadline, so I got one and then I went for it."

Cohen says his journal that helped him put together the pieces of his memoir.

"I kept a journal for 11 years that really helped when I was writing about coming out of closet. And when I looked back on it writing the book, it seemed overly dramatic but it was so sincere and truly how I felt.

"There were so, so many details from my time at CBS, what a jackass I was during my internship, my work with Dan Rather and lying to Oprah to get an interview and getting caught, staying in a clothing-optional resort when I went to Palm Springs to interview Tammy Faye Bakker."

So folks, if you're looking for a way to make it to the top of the industry, lie to your higher-ups and feel free to forgo your clothing — hey, it worked for Andy Cohen.

TODAY'S THE WORD WAS WRITTEN BY MEREDITH ENGEL WITH ADDITIONAL REPORTING BY CASSANDRA GARRISON

Congrats to one of our own

Longtime Metro gossip columnist Dorothy Robinson Scott gave birth to a beautiful baby boy over the weekend.

We at Metro are incredibly proud of, and happy for, Dorothy and her husband, though we were a little offended that the couple did not take our suggestion and name the little one Great Scott.

Jay-Z: My daughter will likely be spoiled rotten

Jay-Z

Jay-Z is planning to do the best he can to raise daughter Blue Ivy Carter right, but he resigned himself to the fact that she'll have it pretty easy in life.

"I imagine I'll take things I learned from my mom and things I've learned from raising my nephews and apply that," he says of his parenting plans in an interview with Oprah Winfrey. "Then at the end of the day, I just know I'll probably have the worst, spoiled little kid ever." At least the rap mogul is ready for the inevitable resentment that comes with being a parent: "Everyone imagines they'll be a great dad until their [kids are] teenagers. [They say], 'Get away from me, Dad. You're embarrassing me,'" he says.

It pays to be Jennifer Lopez's boyfriend

Jennifer Lopez

Getting close to Jennifer Lopez can certainly be a career boost — at least for Casper Smart, Lopez's 24-year-old boyfriend and backup dancer.

The singer announced that Smart would be serving as one of the choreographers for her new world tour, according to Us Weekly.

"I'm working with [choreographer] Jamie King, and also Casper Smart," Lopez said. "It's going to be an amazing, amazing show." Smart has reportedly become an important part of Lopez's life, both personally and professionally.

Sources say he's moved into her L.A. home and sits in on business meetings — and even directed her latest music video.

"He provides what she hasn't had in years. He's very supportive and devoted," a source says.

Twitter

@justdemi
So hard finding a name that was fun somewhat playful and available. So for now it will be @justdemi It could grow on me!

@MileyCyrus
Fairy tales are girl porn.

@ConanOBrien
Ever get really into playing a video game, only to discover it was just one of those high-tech Japanese toilets?

@JonahHill
What has the best coffee in the French quarter in new orleans?

Love Hewitt gets cut down to size

Jennifer Love Hewitt

Jennifer Love Hewitt has had so much attention paid to her breasts lately that it's influencing her dreams.

"I actually had a nightmare the other night that people were trying to deflate my boobs while I was working," the Client List star tells Chelsea Handler during an interview. "They had tubes and I was trying to work, but they kept getting smaller," she said. "I was like, 'Guys, don't take them away!' I'm getting issues about it, I think."

With good reason: Recently, ads for Hewitt's new series were modified without her knowledge to reduce the size of her breasts.

"Some random person decided they were supposed to be smaller," she says. "I still don't know who that person is."

Lady Gaga recalls her lonely coked-out days

Lady Gaga says she "cherishes" being alone now, but it wasn't always that way for the newly single star.

"I would go back to my apartment every day and I would just sit there. It was quiet and it was lonely. It was still," she says of her early days in an interview for the Conversation With Amanda de Cadenet. "It was just my piano and myself. I had a television and I would leave it on all the time just to feel like somebody was hanging out with me. And especially during the period when I was doing cocaine.

It was like the drug was my friend. I never did it with other people. It's such a terrible way to fill that void, because it just adds to that void, because it's not real."

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3 LIFE

DIY

Homemade popsicles

I went a bit overboard this week and ended up with three containers of strawberries that were in danger of going bad. So, obviously, the kids and I made popsicles. Now, you can too.

You'll need: one large container of strawberries, washed and hulled; half a cup of simple syrup made by combining equal amounts of sugar and water in a pot, bringing it to a boil until the sugar dissolves; and one cup of water.

Mix the ingredients together in a blender. Pour it into popsicle molds, freeze and enjoy.

After pouring the kids' popsicles, I had strawberry mix left over. What's a mom to do? Well, if you're anything like me, you add half a cup of vodka, mix it in the blender so it's evenly distributed, pour the mixture into popsicle molds and let it freeze (then salivate in anticipation).

Helpful hint: always use different easily-identifiable molds when making vodka popsicles, for obvious reasons.

SHARON DEVELLIS, YUMMYMUMMYCLUB.CA

On the Web

Skeptics question whether Vogue went far enough to promote healthier models

Health

Do dads get depressed, too?

We're all guilty of it. We want men to show their sensitive sides, yet when they do, we tell them to buck up.

Interestingly, though, it's possible — at least according to an Oxford University study — that dads may also suffer from some sort of postnatal depression.

To most, it seems odd to suggest men get the equivalent of postpartum depression (PPD) with its clear physiological triggers, but some are afflicted by an equally real depression as a result of the new stresses and lifestyle changes of their new role. And yet, there still exists a 'suck it up' attitude that forces men to internalize their emotions instead of getting treatment.

JULIE GREEN, YUMMYMUMMYCLUB.CA

Study suggests new dads can suffer from a form of depression. ISTOCK

Money

Paying your babysitter

How much should you pay a babysitter? Here are some easy tips to help you decide:

- How many kids will the babysitter be responsible for? More children may mean more money.
- Sometimes, special needs means a special babysitter. Some kids who have medical, developmental or other needs may require a caregiver with specific training, which usually means a higher fee.
- Are you expecting the sitter to engage your kids in play the whole time or will the sitter only have to push play on the DVD and watch for fires?
- Be upfront with your sitter — ask her what she charges.

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

Ready to reveal your baby's gender? Keep it trendy

Boy or girl? Here are some ways of making the big announcement to friends and family

LISA THORNBURY
yummymummyclub.ca

Gender reveal parties are all the rage right now. They're all about finding unique and creative ways to share the "boy or girl?" news with family and friends. Instead of finding out their baby's gender at the doctor's office, many parents are now opting to be surrounded by loved ones at a party to discover the news.

If this sounds like you, here's what you need to do to make it happen. First, ask your doctor to write the sex of the baby on a piece of paper. Don't peek — put it in an envelope! Hand the envelope over to a special friend or family member who you know can keep a secret. Ask him or her to help you plan one of these three parties:

Gender-Reveal Cakes
Have your secret-keeper deliver the piece of paper to a baker and have the bakery make a cake — neutral on the outside, but either pink or blue on the inside. When you cut into the cake, everyone will find out if a son or daughter is on the way.

Balloons In A Box
Ask your friend in-the-know to fill a box with balloons. Open to reveal the pink or blue surprise!

Unwrap a Gift
Ask the entrusted friend to wrap a onesie or a teddy bear (pink or blue depending on the gender) as a present. You will then open the box at the party and find out right along with everyone else.

If you might be disappointed if the "wrong" sex is revealed, you might want to find out the sex with your spouse privately before the party so you are prepared to celebrate when everyone else finds out.

A fun touch would be to have guests wear either pink or blue to indicate their gender prediction. The losing team cleans up after the party.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

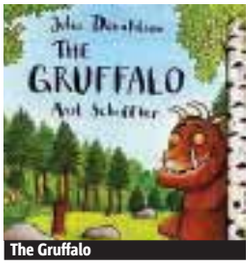
More party tips

- **Name it.** Call it a Lad or Lassie Party, a Pink or Blue Do or a Daughter or Son Soiree. But whatever you do, don't call it a Sex Party — that will surely make great-grandma Gertie a little bit uncomfortable.

Looking for a chic way to reveal your baby's gender? Throw a party. ISTOCK

Add these must-read picture books to your shelf

We surveyed yummymummyclub.ca readers and asked them to share their all-time favourite children's picture books. Here are a few must-haves:



The Gruffalo

The Gruffalo by Julia Donalson

Just what is a Gruffalo? "He has terrible tusks, and terrible claws, and terrible teeth in his terrible jaws." Or maybe he's not real at all and a silly mouse just made him up. Or maybe he is real, after all. Mystery!

The Paper Bag Princess

The Paper Bag Princess by Robert Munsch

This is definitely not your average princess story — no, indeed. Princess Elizabeth and Prince Ronald do not live happily ever after at the end of this tale, as Prince Ronald is unhappy with the way the strong and awesome princess looks after battling and outsmarting dragons.

Where the Wild Things Are

Where the Wild Things Are by Maurice Sendak

Let the wild rumpus begin! Max takes on a great adventure to the place where wild things are.

It will almost make your kids want to get sent to their rooms without dinner. Almost.

Stellaluna

Stellaluna by Janell Cannon

Oh, Stellaluna, the little fruit bat who loses her way and gets adopted by birds. Her bird friends are confused by the differences between bats and birds. "How can we be so different and feel so much alike?"

Give your sweet tooth something to smile about

This recipe serves eight to 10 people. THE CANADIAN PRESS H/O

Raspberry Semifreddo. This luscious dessert uses creamy avocados and sweet raspberries

For something different, try this light and creamy dessert made with the goodness of avocados and speckled with cool bursts of sweet raspberries. You have never tasted a dessert like this before.

1. In a standing mixer, whip egg whites to form medium peaks, then slowly add icing sugar until mixture becomes glossy with stiff peaks, about 8 minutes. With a rubber spatula, scrape into a large bowl and set aside.

2. In a stand mixer, whip the cream to form stiff peaks. Add to egg white mixture, folding gently so as not to incorporate too much air. Puree the avocados with a hand blender or food processor and add them to cream and egg white mixture. Fold all together and incorporate 250 ml (1 cup) of the raspberries.

3. Line a 23-by-12-cm (9-by-5-inch) baking dish with plastic wrap. Add semifreddo mixture, smoothing surface to flatten. Freeze uncovered for at least 3 hours.

4. To serve, dip the dish in about 5 cm (2 inches) of hot water to slightly melt edges. Dry the baking dish and invert the dessert onto serving plate. Remove plastic wrap and top with remaining raspberries and mint. Slice and serve.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO, AVOCADOSFROMMEXICO.COM

Ingredients

- 3 egg whites
- 250 ml (1 cup) icing sugar
- 175 ml (3/4 cup) whipping cream
- 2 avocados
- 375 ml (1 1/2 cups) fresh raspberries, divided
- 6 mint leaves, for garnish

Queen of Green

Toxic home cleaners

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What's the difference between sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES)?
Jolene — Winnipeg

SLS and SLES play similar roles in home cleaners and cosmetics. You can often find both of these surfactants or foaming agents in dish soap, liquid laundry detergents, toilet-bowl cleaners, shampoos, bubble bath and facial cleaners.

SLS is a skin, eye and respiratory tract irritant that Environment Canada has also categorized as inherently toxic to aquatic organisms, flagging it for further assessment.

To make SLS less irritating, it is often ethoxylated (by adding ethylene oxide), resulting in the modified compound of SLES. But SLES is also a concern because it can be contaminated with 1,4-dioxane, which may cause cancer (according to the International Agency for Research on Cancer), and it stays in the environment for a long time. Contamination occurs during the process of ethoxylation.

Contamination can occur during the process of making both petrochemical-based cleaners and some plant-based ones. Adria Vasil, author of Ecoholic Home, notes that even some organic dish soaps contain troubling levels of 1,4-dioxane. The good news is that many brands — from Seventh Generation to Whole Foods' 365 to Ecover — either had only trace amounts or have reformulated their products.

Learn more about toxic ingredients to avoid in home cleaners, and how to choose safer options — join us for the last week of our Spring Breakup campaign at springbreakup.ca.

When you sign up, you'll be entered for a chance to win the grand prize: a $300 Rona gift certificate and a Queen of Green home makeover! Yes, I'll actually come to your home and help you green your life.

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Leap of faith leaves a big imprint on franchise owner

Copy that. Iain Scott encourages other entrepreneurs to be unafraid to take chances

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Iain Scott is an area developer and franchise owner for Instant Imprints in Winnipeg. PROVIDED

He arrived from Scotland in 1986 with experience in the printing industry and a flair for business.

Finally after working for someone else for 30 years, Iain Scott did what many of us long to do: he quit and started his own company.

Combining his printing experience with an established franchise, he opened his first UPS store in 2006 in Winnipeg.

The one-stop shop for small business owners with printing and photocopying needs was a hit and within three years, Scott's store was number one in the region.

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Today, Iain has started a second franchise called Instant Imprints which will help business owners with branding and promotion.

"Being an entrepreneur gives you determination over your own future," he notes.

"At the end of the day, you're building equity and it will become an investment for your retirement."

Expert advice

Iain Scott's key tips for business success:

- Franchising helps build business success with a proven business model.
- Research the market and research it again. Prepare a business plan and have it reviewed by peers and professionals.
- Deliver on time every time. Make it happen!
- Check quality and never allow your product to leave unless it is perfect.
- Network. Let people know you are in business and promote your services.

High hopes

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."
Iain Scott, business owner

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BRUCE WALSH
life@metronews.ca

Think you can provide better service? Consider hospitality studies. ISTOCK

In 2007, Konstantinos Bastas was managing his parents' diner on the Upper East Side of Manhattan, but found himself daydreaming of an alternative career.

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me," says Bastas.

He initially considered applying for an MBA program, but then discovered the M.S. in Hospitality Industry Studies at NYU.

Bastas completed his degree last year.

After a short stint at the Ritz Carlton Central Park, he founded his own luxury travel consultant business, Bastas Travel Consultants.

"A master's degree teaches you the practical stuff: hospitality formulas, marketing, revenue management.

But the most important thing for me in those two years is relationship building — having professors who are industry leaders, and being around other students who are involved in the industry."

Born for the business

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me."
Konstantinos Bastas

Employers are holding internal events and each provincial association is organizing events to mark National Nursing Week. The CNA lists some regional events on its website (cna-aiic.ca). THOMAS NORTHCUT/DIGITAL VISION/THINKSTOCK

Nurses are involved in every stream of society

JON TATTRIE
For Metro

The first image many people have of a nurse is of a harried health professional dealing with urgent situations in a hospital, but nurses work in almost every sector of our lives, says the executive director of the Canadian Nurses Association (CNA).

Rachel Bard, who previously worked in the New Brunswick government, says it starts in the community with health promotion and illness prevention work via the school system. Nurses also work in nursing homes, private homes, psychiatric institutions and as "street nurses" reaching out to homeless people.

"Nurses week is really a mechanism to profile the contribution that nurses bring to the health-care system," she says. "With 266,000 registered nurses working across our nation, nurses are directly involved with patients, families and communities. Nurses are involved in every level and every stream of society."

Bard says nurses play an important role in contributing to the policy level of health care in Canada. She points to the work with P.E.I. Premier Robert Ghiz where nursing organizations are helping shape best practice policies and developing models of care in the province. The collaborative approach with government, nurses and doctors is spreading across Canada, she says.

"It's a positive step of including nurses in such an important area of trying to transform how we do business and bring some standardized approach across the country," Bard says.

The CNA also lobbies the case that nurse practitioners — registered nurses (RNs) with advanced training and capabilities — should be used to improve access to health care and reduce wait times in rural areas that do not have good access to primary health-care providers such as doctors.

Judith Shamian, CNA's president, says nurse practitioners (NPs) can provide high-quality care for patients, order tests, prescribe medications, and diagnose and manage chronic illnesses.

They work in a wide variety of settings including community clinics, doctor's offices, nursing homes, and hospitals.

"As Canadians, we're proud of and grateful for this country's health-care system, but it's time to recognize we deserve even better," she says.

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SUMMER CAMPS

Monday, May 7, 2012

Summer camps can help children become independent or help them master outdoor activities like camping or a new sport. ISTOCKPHOTO/THINKSTOCK

Summer is time for adventure

Overnight camps, and even day camps, can cost more than a few bucks.

But then again, it's money well spent isn't it?

What exactly does your child — and you as the parent — get out of the experience?

For children, the benefit of heading off to camp is clear, says Bronco Cathcart.

"At camp I see the value in safe but unstructured play," says Cathcart, the executive director of the Sasamat Outdoor Centre in Belcarra, B.C.

"We provide a lot of activities for kids, but within the scope of that they're allowed to be adventurous and they're allowed to take some controlled risk. Most children in most home environments now, well risk is something parents fear rather than encourage. And kids really learn from that controlled risk."

That learning can be everything from figuring out how to be a more independent person to mastering a new sport such as archery or appreciating the environment given their natural surroundings.

"Children can be exposed to a broader range of skills, experiences, social time and activities than they are able to afford within the home environment," adds Michele George, interim executive director of the Edmonton-based Alberta Camping Association.

Children attending camp tend to be fitter and healthier as well and are more inclined to participate in physical activity, George adds.

What about parents? What do they get out of it, other than a weeklong breather from parenting?

"One of the biggest things for parents is that they learn to let go. While children can get homesick, it's the parents who are homesick for their kids. It's the parents that are having a difficult time breaking from the child or understanding that the child is ready for a break from them," says Cathcart.

ASTRID VAN DEN BROEK

Talk to your child about the ABCs of camp life

If your little camper is anxious about sleep-away camp this summer, don't sweat it because that reaction is natural.

What you can do to calm fears is prepare your kids for their first overnight camp adventure by having a chat that covers the ABCs of camp life.

"Talk to your kids about what camp is," recommends Ruth Mills, a family camp director at the YMCA's Wanakita camp in Haliburton, Ont. "Get talking about what they're excited about and what they're nervous about and you'll work at identifying, and possibly sorting through, some of their worries."

Camps typically send out a schedule of daily activities, which parents should go over with their novice campers. This helps children understand what they are getting into and it sets up expectations that can ease fears before they leave home.

Mills suggests packing a journal or letter-writing material for your child, which serves as a symbolic link to home.

"It's important to be able to tell that story," Mills says. "It encourages kids to be aware of their experience at camp and helps them stay connected with home. It gets them thinking about sharing their story."

Some families actually hold camp-themed sleepovers in anticipation of their child's camp experience. Friends with sleeping bags in tow are invited to sleep in a tent, which is set up in the backyard. Parents and kids roast marshmallows, play games and try to replicate camping life to get their child acquainted with the unfamiliar.

If your little camper has never had a sleepover or been to one, the months leading up to their first time away might be a good time to initiate this childhood rite of passage.

"I do think kids do a lot better at camp if they've had sleepovers before," says Mills. "Typically, nighttime is the hardest time to adjust to camp. That's when it's quiet and there's opportunity to think of home and to miss mom."

Don't forget to pack things that will make camp seem more homelike, says Mills. Bring your pillow from home, which also helps kids sleep better.

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Pre-camp prep can prevent nerves

KIM ZARZOUR
For Metro

Nine-year-old Sara walked into Joanne Kates' office last week clutching her mother's hand, too anxious to speak.

Her first overnight camp is months away, but she is already worrying she won't be able to fall asleep so far from home.

Kates, director of Camp Arowhon in Ontario's Algonquin Park, helped brainstorm ideas like a flashlight to read at night and an iPod to listen to music.

"You could see the relief on her face to see her fears acknowledged as normal. She was a Chatty Kathy when she left."

That's the kind of pre-camp prep that can go a long way towards easing your child's first camp experience.

Parents, too, can benefit from preparation.

Find out the director's qualifications and experience, written safety policies and who will be responsible for your child, says Catherine Ross, author of the ebook Preparing for Camp.

Ask what the first few hours of camp will be like and any other questions you may have about daily schedule or food, suggests Howie Grossinger, president of Ontario Camps Association.

Once you feel more confident, it's time to help your child feel the same.

"Get out the packing list now and go over it with your child," says Kates. "Then shop together. This is a golden opportunity to have some possibly challenging conversations."

Ask your child: What are you looking forward to, what are you worried about. You can draw out your child's fears and anxieties and problem solve, she says.

Things you can talk about: Darkness (nights will be quieter, the stars brighter) and new friends (it will take some give-and-take to get along).

Check out the camp website, orientation or open house together and set up a few pre-camp sleepovers with friends for practice.

Making children feel at home during summer camp can help ease nerves. INGRAM PUBLISHING/THINKSTOCK

Parents should try to choose camps where children can take one or more friends so the kids won't get homesick. STOCKBYTE/THINKSTOCK

Home sickness. There's nothing to worry about

ASTRID VAN DEN BROEK
For Metro

First time your not-so-little-one-anymore heads off to overnight camp, home sickness is a real worry for both parents and some children. Here are five ways to combat this away-from-home hurdle.

PUT ON A HAPPY FACE

And use equally positive phrases to set up this new experience for your child.

"So don't say things like, 'I'll really miss you when you're gone' or 'Things won't be the same without you here,'" suggests Bronco Cathcart, executive director of the Sasamat Outdoor Centre in Belcarra, B.C. "Instead, use positive statements like, 'I'll really look forward to hearing about all your new adventures when you get home.'"

BUDDY UP

"Parents should pick camps where children can take along one or more friends," says Michele George, interim executive director of the Edmonton-based Alberta Camping Association. "Our camps offer a discount for bringing friends."

PREP YOUR KIDS

Pre-loading the experience is vital, says George. "Parents should tell their kids what to expect when they get to camp," she says. Many camps offer information packages, so it's a good idea to sit down and read through the camp kit with your child.

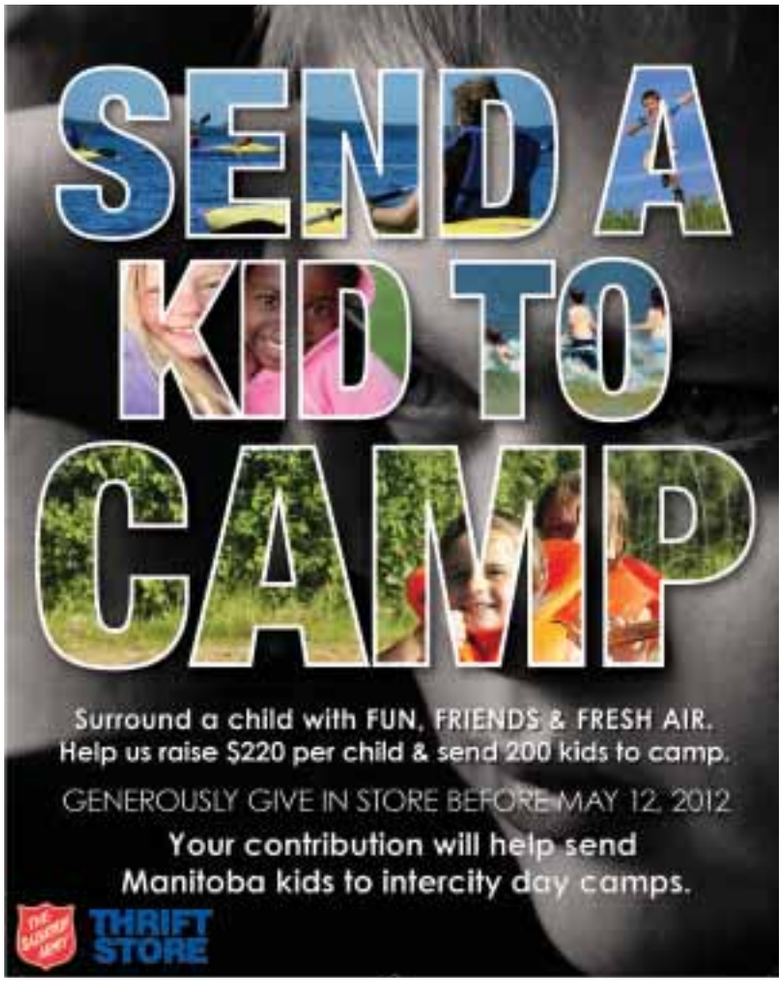
KEEP THEM BUSY BEFORE THEY GO

"Once they're at camp, they are busy physically and mentally. And kids often get over being homesick quickly because of that," says Cathcart. "But if parents are encouraging that kind of activity as a lead-up to camp, then they're already starting to alleviate that homesickness."

LEND AN EAR

Listen to your children and hear them out about the concerns they might have over attending sleep-away camp — especially if they are camp newbies. "You have to take those concerns seriously, but don't build on them," suggests Cathcart.

"Just reinforce to them that they're going to be in a place where they're well cared for and respected by the people that are there."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MAINTAIN A HEALTHY BALANCE

REAL LINK EXISTS BETWEEN MENTAL, PHYSICAL HEALTH

Our physical and mental health are fundamentally linked. So why do so few people make the connection, whether they suffer from these problems themselves, or care for someone who does?

It has to do with the way our society deals with physical and mental health, says Peter Coleridge, national CEO of the Canadian Mental Health Association (CMHA).

"We tend to talk about our physical and mental health problems separately," he explains. "We rarely view them as linked, and our health services and funding are structured to support this view."

Many of the factors essential to good physical health may be impacted by poor mental health, and the opposite is also true. For example, quality of sleep, physical activity levels, access to healthy food, participation in social activities, and broader factors, such as employment and housing, all impact a person's overall health and well-being.

GOODSHOOT/THINKSTOCK

It is imperative that we deal more effectively with these risk factors. Studies show mental health problems cost $4.9 billion annually, due mostly to lost productivity and long-term disability claims. Another $1 billion is spent on hospital visits, doctors' fees, and medications. Improving awareness about the link between physical and mental health is one way to ensure these problems are discovered and treated before they grow severe.

"Many people with mental health problems have limited access to health services and are less likely to seek help due to stigma and discrimination," says Coleridge.

"We must understand there is no health without mental health — so that governments, policy-makers and service providers improve access to adequate supports and services for mental health and mental illness.

FUSE/THINKSTOCK

"This will maintain and improve our mental health and overall health and well-being, make it easier to detect and mitigate developing mental health problems, and support recovery from mental illness. It will also make it easier for people with mental health problems — and their caregivers — to build resilience and manage their overall health."

CMHA's Mental Health Week is May 7-13. This year's theme is "mental health for all" — a reminder that good mental health is achievable for everyone. To learn more, visit **mentalhealthweek.ca**.

I exercise alot.
Paul, 52, Manager
Hang out with my kids. They keep me balanced. Jyoti, 44, Teacher
I like being creative. It's my drug.
Zile, 67, Artist
I force myself to go out and stay social.
Behzad, 30, Grad Student

What do you do for your mental health?

Do more for yourself everyday. Because good health includes mental health. The Canadian Mental Health Association proudly kicks off its 61st annual Mental Health Week – May 7th to 13th. It's time to talk, reflect, engage and celebrate mental health for all. Find out more at www.MentalHealthWeek.ca

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The Medicine Shoppe Pharmacy

The Medicine Shoppe Pharmacy proudly supports The Canadian Mental Health Association

Murray Whitby, VP of Medicine Shoppe Canada presents cheque to Peter Coleridge, National CEO of The Canadian Mental Health Association.

SETTING THE TABLE FOR RECOVERY

EATING DISORDERS CONFERENCE WILL EQUIP YOU WITH TOOLS TO IDENTIFY THE SYMPTOMS

Eating disorders are the third most common chronic illness among adolescent girls, and they are afflicting more males than ever before. You may see signs of disordered eating in people you meet every day. But do you really know what to look for?

You can find out at **Setting the Table for Recovery: Providing Practical Tools for Understanding Eating Disorders**, the upcoming Provincial Eating Disorders Conference in Winnipeg.

Presented by the Canadian Mental Health Association (CMHA), Manitoba Division, the conference is geared to teachers, guidance counsellors, dentists, dental hygienists, social workers, youth and family workers, and religious professionals, as well as families affected by a loved one's eating disorder. If you are a member of one of these groups, you may see an eating disorder developing long before a doctor can intervene.

Jenni Schaefer
CONTRIBUTED

Tracey Gold
CONTRIBUTED

"The conference will equip you with the tools you need to recognize symptoms, and support someone presenting them," says Erin Dowling, conference chair and program co-ordinator for CMHA's Eating Disorders Self Help Program. "It will also be an opportunity for all of us to reflect on our attitudes around food and weight."

Organizing this conference holds great meaning for Dowling. She was diagnosed with anorexia at age 10, beginning a 16-year battle with the disease that cost her greatly. She lost jobs, relationships, and even homes. In time, with the support of friends and family, she found help through the Eating Disorders Self Help Program; successfully changing the deadly patterns in her life. She now works to advocate, educate the community and support those with eating disorders, and their families.

"We can all learn to be vigilant — to use our unique skills to spot an eating disorder in development," says Dowling. "A dentist, for example, may notice signs of acid erosion or enamel softening of a patient's teeth. This could be a symptom of disordered eating. Recognizing signs like these, early on, creates an opportunity to effectively intervene."

Actress Tracey Gold, and author and singer/songwriter Jenni Schaefer will offer keynote speeches at the conference, discussing their personal struggles with disordered eating.

CONFERENCE

The Provincial Eating Disorders Conference will take place June 7-8 at the Viscount Gort Hotel & Conference Centre in Winnipeg. To register, visit cmhamanitoba.ca.

Upcoming Events

Canadian Mental Health Association - Find event info at www.chmamanitoba.ca

Westwood Community Band Concert

Date & Time:
Thursday, May 24, 7:30 pm.
Location:
Westminster Church,
745 Westminster Ave.
Tickets:
$10 Purchase from band members, at the door or call 953-2351 to reserve

Come out for a fantastic night of big band, classical, latin and more! Listen to CJNU 109.7 FM this month to win tickets.

Working Together Walking Together WALK

Date & Time:
Friday, June 15, 11 a.m.

Particpate in CMHA's first provincial awareness WALK: Working Together Walking Together WALK. MC'd by Big Daddy Taz. We're walking in 5 Manitoba regions. The Winnipeg Walk starts at Yoga Public, and walks to the Legislative grounds. For more info, please call 982-6100.

Big Daddy Tazz and Friends Comedy Night

Date & Time:
Saturday, October 13

Don't miss the 11th Annual Big Daddy Tazz and Friends Comedy Night - we're laughing out loud all night long! MC'd by Hot 103's Ace Burpee. Check out our events website for more information on the terrific line up and tickets. Pantages Playhouse Theatre.

Since 1956 The Canadian Mental Health Assocition (CMHA) has been providing mental health services, advocacy and education in the Province of Manitoba. CMHA reaches out to many persons living with a mental illness as well as their caregivers and their families. With eight regional offices throughout Manitoba we encourage you to access our services.

Canadian Mental Health Association
Mental health for all
Manitoba Division

2633 Portage Avenue, Winnipeg, Manitoba, R3J 0P7
Ph: 204-953-2350 F: 204-772-4969 info@cmhamanitoba.ca

4 SPORTS

IIHF world championship

Canada loses another blue-liner to injury

The injury bug has bitten Canada once again at the IIHF world hockey championship. Defenceman Marc-Edouard Vlasic was ruled out of the tournament in Helsinki Sunday with a right leg injury, making him the second Canadian blue-liner to be sent home early after P.K. Subban. "It's tough to lose a good young player like Marc-Edouard," said general manager Kevin Lowe. "His game is really suited to the big ice. He's a very mobile defender who will be hard to replace." Vlasic suffered the injury after getting tangled up with an opponent in the third period of Saturday's 5-4 overtime loss to the United States. He tried to play through it but quickly realized something was wrong.
THE CANADIAN PRESS

On the web

Quarterback Andrew Luck has been busy studying the Indianapolis Colts' playbook since being taken No. 1 in the NFL draft. But the Stanford student still has his head buried in textbooks as he completes this semester's classes before fully dedicating himself to his NFL career. Scan the code for the story.

Ilya Kovalchuk celebrates with goalie Martin Brodeur Sunday in Newark, N.J. THE ASSOCIATED PRESS

NHL. Devils have Flyers against the ropes

Game 4

Devils	Flyers
4	2

Dainius Zubrus scored two goals and the New Jersey Devils rallied from an early two-goal deficit and pushed the Philadelphia Flyers to the brink of elimination with a 4-2 victory Sunday night in Game 4 of the Eastern Conference semifinal.

Zubrus put New Jersey ahead 3-2 late in the second period and iced it with an empty-net goal in the final minute.

Petr Sykora and Marek Zidlicky also scored for the Devils, who can advance to their first conference final since 2003 with a win in Philadelphia on Tuesday night. New Jersey has never lost a playoff series after taking a 3-1 lead.

In winning their third straight, the Devils let goalie Martin Brodeur have an easy night on his 40th birthday, outshooting Philadelphia 43-22. He even picked up an assist on Zubrus' final goal.

Scott Hartnell and Claude Giroux scored first-period goals for the Flyers, who once again were a step slow.

The Flyers seemed to come apart at the end of the game. Defenceman Kimmo Tomonen took a penalty in the closing minutes and Philadelphia never got a good shot after pulling goalie Ilya Bryzgalov in the final minute. Zubrus was about to score into an empty net when he was hooked. Still, the puck went off his stick and into the net.
THE ASSOCIATED PRESS

Kings sweep away Blues

NHL. Brown, Quick lead L.A. to conference finals for first time since Gretzky era

Game 4

Kings	Blues
3	1

Dustin Brown scored two goals, Jonathan Quick made 23 saves, and the eighth-seeded Los Angeles Kings finished an improbable four-game sweep of the St. Louis Blues with a 3-1 victory Sunday, advancing to the conference finals for just the second time in club history.

Rookie Jordan Nolan scored an early goal for the Kings, the first No. 8 seed in NHL history to eliminate their conference's top two seeds in the same postseason.

After steamrolling top-seeded Vancouver and second-seeded St. Louis with eight wins in nine games, the Kings will face the winner of Phoenix's series with Nashville.

Los Angeles won despite its weakest effort of the post-season, clinging to a 2-1 first-period lead through 40 minutes. The Kings didn't adapt well to an early start time, yet Quick made a handful of stellar saves before Brown scored his sixth of the playoffs into an empty net with 25.8 seconds left.

"It's a special group, and we knew that all along this season," said Anze Kopitar, who had assists on both of Brown's goals and tackled the Los Angeles captain after his empty-netter.

"Maybe we didn't break out when we would have liked to, but I think we've peaked at the right time, and that's the most important thing."

The Kings made their only previous trip to the conference finals in 1993, when Wayne Gretzky and Luc Robitaille propelled L.A. past Toronto and into their only Stanley Cup final, where they lost to Montreal. The Kings won just one playoff series in the ensuing 17 seasons before routing the Presidents' Trophy-winning Canucks in five first-round games last month.
THE ASSOCIATED PRESS

Kings netminder Jonathan Quick celebrates the Kings' sweep of the Blues on Sunday in Los Angeles. HARRY HOW/GETTY IMAGES

NBA. Anthony's 41 burn Heat in must-win Game 4

Carmelo Anthony shoots over Miami's Shane Battier on Sunday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Game 4

Knicks	Heat
89	87

Amare Stoudemire raised his hands in the air, one covered in padding, as streamers fell from the ceiling above him.

Finally, New York could celebrate an NBA playoff win again.

Carmelo Anthony scored 41 points, Stoudemire had 20 points and 10 rebounds in his return from a cut hand, and the Knicks snapped an NBA-record, 13-game post-season losing streak by beating the Miami Heat 89-87 Sunday in Game 4 of their first-round series.

"I think it's the first of many," said Stoudemire, his left arm back in a sling to keep his hand elevated. "Tonight was a great win for us, for our fans to finally get over that hump of those consecutive games that we lost, I guess the Knicks, lost over those years in the playoffs."

Anthony made a tiebreaking three-pointer with 54.5 seconds left as the Knicks overcame another injury to win a playoff game for the first time since beating Toronto on April 29, 2001. Baron Davis dislocated his right kneecap in the third quarter, just as the Knicks were making the run that got them back into the game.

"I'm just glad that we came together after that, kept our composure, kept on fighting," Anthony said.

LeBron James scored 27 for the Heat, who will try to close it out in Game 5 at home on Wednesday. Dwyane Wade had 22, but missed a 3-pointer on the last possession that would have given Miami a lengthy rest before starting the second round.
THE ASSOCIATED PRESS

Sports in pictures

1 Golf. Fowler fares well at Quail Hollow

Rickie Fowler, billed as one of the rising American stars, delivered a clutch shot on the 18th hole in a playoff for a four-foot birdie to beat U.S. Open champion Rory McIlroy and D.A. Points on Sunday in the Wells Fargo Championship.
THE ASSOCIATED PRESS

2 MLB. Darvish suffers first defeat in Ohio

Ubaldo Jimenez pitched seven scoreless innings and the Cleveland Indians handed Yu Darvish his first major-league loss in a 4-2 victory over the Texas Rangers on Sunday.
THE ASSOCIATED PRESS

3 NHL. Coyotes' Klesla banned for Game 5

Phoenix Coyotes defenceman Rostislav Klesla was suspended for one game by the NHL on Sunday for boarding Nashville Predators forward Matt Halischuk on Friday night.
THE ASSOCIATED PRESS

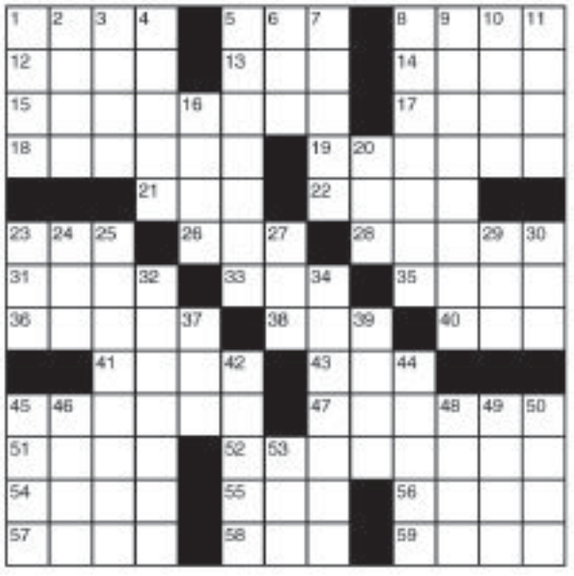
Crossword

Across

1 One of the Three Bears
5 Humor
8 Ardor
12 Oscar-night clashers
13 Expert
14 "That hurts!"
15 Great elation
17 Soft cheese
18 Usher elsewhere
19 Soloist's elegy
21 To the — degree
22 Trade
23 Rushmore face
26 Scale member
28 Feudal figure
31 Praise to the heavens
33 "Golly!"
35 Ms. Turner
36 Went wan
38 Mischievous tyke
40 Enthusiast
41 Newspaper page
43 "Wham!"
45 "Scat!"
47 Canine coating
51 Cow-headed goddess
52 Mrs. Orpheus
54 "The Producers" chorus member
55 In favor of
56 Messes up
57 Air from a pair
58 Round Table address
59 — ex machina

Down

1 Juror, in theory
2 Chills and fever
3 Band in Boston
4 Hardly ruddy
5 Tusked African beast
6 Here (Fr.)
7 Lions and Tigers and Bears
8 Sole stud
9 Portuguese, e.g.
10 Low-pH
11 Yon folks
16 Feedbag fill
20 He gives a hoot
23 Jungfrau, for one
24 Sheepish remark
25 Extol
27 Mainlander's memento
29 Wildebeest
30 Cause corrosion
32 Passbook plus
34 Napoleon or Nero
37 Lair
39 Small horse
42 Ocean nadirs
44 Tested the waters
45 Tie
46 Jacob's twin
48 Muck
49 Beige
50 Not so much
53 Spoon-bender Geller



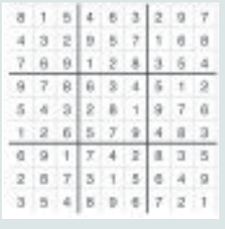
Sudoku

3	9						1	4
		7	6			3		
1			5		4			
4				8		9	7	
				2				
	5	3		9				6
			1		7			3
		1			2	6		
7	6						8	2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Friday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

BEWN PXRO FUOEN PXFLCXKT PURO BEUQL JLFXKLQURO WVWJNFLRN BWQQP?

"OXXKCTL, XQK VWURN."

Yesterday's Cryptoquip: WHEN TWO BIG BOVINES PUT ON GLOVES AND START SPARRING, WOULD PEOPLE SAY THEY'RE BOXIN' OXEN?

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

MONDAY	TUESDAY	WEDNESDAY
MAX: 12° MIN: 6°	MAX: 15° MIN: 5°	MAX: 18° MIN: 1°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Horoscope

Aries | March 21 - April 20. You are closer to completing some kind of creative endeavor than you realize, so don't give up on it now.

Taurus | April 21 - May 21. With Mars, planet of energy and ambition, transiting one of the best areas of your solar chart success of some sort is guaranteed.

Gemini | May 22 - June 20. This is no time to be cautious, especially when dealing with work and career issues.

Cancer | June 21 - July 22. If you expect others to play by the book then you must play by the book as well.

Leo | July 23 - Aug. 22. Be a little more daring over the next few days. Take the kind of risks that other people say you should not.

Virgo | Aug. 23 - Sept. 22. Yes, of course, there are lessons to be learned from going over old mistakes, but don't beat yourself up about them.

Libra | Sept. 23 - Oct. 22. If you have confidence in your abilities and are willing to take a few risks you will do something extraordinary this coming week.

Scorpio | Oct. 23 - Nov. 21. Be bold, be brave and, above all, believe in yourself.

Sagittarius | Nov. 22 - Dec. 21. You can either meet a challenge head-on or you can hide yourself away until it has gone.

Capricorn | Dec. 22 - Jan 20. You have set your sights high and won't rest until you have got your hands on the prize.

Aquarius | Jan. 21 - Feb 18. Keep certain thoughts to yourself today, because colleagues are unlikely to be happy if you are critical of them.

Pisces | Feb. 19 - March 20. You will face a certain amount of criticism today but don't let that stop you from doing what you know to be right. Other people's comments are based not on facts but on envy — and with good reason.

SALLY BROMPTON

Caption Contest

"Still got that monkey on your back?"
Jeffrey

MARTIN MEISSNER/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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